

# Healthy Schools Healthy Students



## Pinterest Idea of the Month!

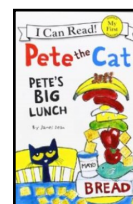


[Fruit and Veggie Fortune Teller](#) includes a template to print off and 8 questions about different fruits and vegetables. This can be part of a research project and have students come up with their own questions and answers.

March is National Reading Month and National Nutrition month. An idea to celebrate both is to feature books about healthy food choices and physical activity in the school library. Also have a story book-themed school lunch! For book ideas, [click here!](#)

### Sample Menu

Pete the Cat's Sub Sandwich  
Pete Loves Apples  
It's All Good! Baked Beans  
Cold Milk is Cool!



Pete the Cat is a favorite at our house.

Be Well!  
Carrie



## National School Breakfast Week

**Make the Grade**  
with SCHOOL BREAKFAST

March 2-6 is National School Breakfast Week and is a great time for schools to promote the benefits of their breakfast program with special menus, decorations, celebrity appearances and school wide contests. Please share with us menus and photos of your events! Below is what Des Moines Public Schools has planned. The menu items are served on a regular basis, but have been updated with student-generated names. In addition, they will be holding taste testing events of *Super Student Spinach Smoothie* and *A+ Apple Aronia Berry Muffins*.

Contact [Amanda.miller@dmschools.org](mailto:Amanda.miller@dmschools.org) for more information.

Fantastic French Toast Sticks Cereal & Toast For Your Brain A+ Applesauce Lightening Orange Juice	Cereal with Co-Jack Cheese Stick Cereal & Toast for Your Tummy Mouth-Watering Mandarin Oranges Lightening Orange Juice	Smart Strawberry Yogurt with Spice Muffin Cereal & Toast For Your Heart Piña Pineapple Lightening Orange Juice	Local Sweet Potato and Egg Bake Cereal & Toast For Your Health Be the Best Banana Lightening Orange Juice	Energetic English Muffin with Jelly Cereal & Toast for Your Strength Piña Pineapple Lightening Orange Juice
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## UnBake Sale Took-Kit

Bolthouse Farms has developed a new twist on bake sales that celebrates fruit and vegetables! The *UnBake Sale* aims to inspire parents and kids to make healthy snacking fun by showing how easy it is to make fun and creative fruit and vegetable based snacks, all while helping schools raise money. Want to learn more? Visit the [www.unbakesale.com](http://www.unbakesale.com) for ideas to get started including recipes like: Strawberry Aliens, Apple Turtles, Veggie Boats, Hungry Caterpillars and Magic Berry Wands!



# A Garden is a Way to Grow Sub-Grants

Iowa Department of Agriculture and Land Stewardship (IDALS) is offering 45 schools the opportunity to apply for a *Garden is the Way to Grow* sub-grant. In addition to \$100 that can be utilized to meet the individual needs of each school garden, awarded school will receive: Growease Seed Starter Success Kit, Wire A-Frame Trellis, Tubtrug Colander, Tubtrug (7 gal), Vertical Markers, Pruners, 2 Soil Sample Tests (ISU), Plant and Go (seeded with lettuce). To apply complete the application provided [here](#). The deadline has been extended until **Wed. March 11**.



In addition, IDALS has a partnership with [Gardener's Supply Company](#), which allows any Iowa school to receive a 25% discount on garden supplies. To receive this discount, you may email them at [Sales-CA@gardeners.com](mailto:Sales-CA@gardeners.com). Their website is provided below. For more information contact Tammy Stotts at [tammy.stotts@iowaagriculture.gov](mailto:tammy.stotts@iowaagriculture.gov)



## Healthy Iowa Awards

The Healthy Iowa Awards Program recognizes the achievements of cities, schools, businesses, individuals, colleges and universities leading Iowa's charge in advancing well-being. School award criteria includes:

- Developed and implemented policies and practices resulting in sustainable environmental change fostering healthier living;
- Demonstrated high levels of engagement among students, staff and families in wellness programming;
- Demonstrated food literacy, quality physical education, strong nutritional standards, positive character development, etc., for students, staff, and families.

The K-12 School Award application can be found at [www.iowahealthieststate.com/healthy-iowa-awards](http://www.iowahealthieststate.com/healthy-iowa-awards). Application and nomination deadline is April 15, 2015.

Winners will be recognized at an award reception in June sponsored by the Healthiest State Initiative and the Iowa Department of Public Health. For more information contact Patti Delger, [patti.delger@iowa.gov](mailto:patti.delger@iowa.gov).



## Sub-Grant Opportunities!

### School Wellness:

Is your district planning to update or assess the current wellness policy soon? This \$500 sub-grant opportunity can provide ½ day sub-pay for key teachers to be a part of the wellness policy assessment and evaluation process. In addition the funds can go towards other activities that support the district's wellness policy (taste testing of new school meal or vending machine items, brain breaks in the classroom, new signage, water access, etc).

**Deadline to apply: Wednesday, March 4th.**

### Grab n' Go Breakfast:

Is your school looking to expand your school breakfast program? Consider an alternative option (grab n' go, breakfast in the classroom, breakfast after first bell, etc.) to make school breakfast the easy and convenient choice! This \$500 sub-grant may be just what you need to get started and can go towards promotional items, taste testing and supplies....don't forget to include students in the planning!

**Deadline to apply: Wednesday, March 4th.**

Contact [carrie.scheidel@iowa.gov](mailto:carrie.scheidel@iowa.gov) for the sub-grant applications.

## Upcoming Webinar Opportunities!

### Engaging Your Entire School in the Garden

**March 17 - 3:30-4:30**

The school garden not only shows students where their food comes from, but can provide a "hands on" fun way for teachers to integrate the Iowa Core Standards. ISU Extension and Outreach, FoodCorps, and the Iowa Agriculture Literacy Foundation will share their insight and suggestions. Team Nutrition will be offering \$500 Garden sub-grants.



### School Breakfast: How to Increase Participation

**March 25 - 3:00-4:00**

Discover resources to impact stakeholder buy in, parental support and student engagement. In addition, you will learn about various resources for Grab and Go models and Breakfast in the Classroom and how you can find funding and grants to support your efforts.



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If you have questions or grievances related to compliance with this policy by the Iowa Department of Education, please contact the legal counsel for the Iowa Department of Education, Grimes State Office Building, Des Moines, IA 50319-0146, telephone number 515-281-5295; or the Director of the Office for Civil Rights, U.S. Department of Education, Citigroup Center, 500 W. Madison Street, Suite 1475, Chicago, IL 60661, telephone number 312/730-1560, fax 312/730-1576, or email: [OCR.Chicago@ed.gov](mailto:OCR.Chicago@ed.gov)

[Fruit and Vegetable Fortune Teller](#)  
[Elementary Books About Healthy Food Choices and Physical Activity](#)  
[UnBake Sale Took-Kit](#)

[Garden is a Way to Grow Sub-Grant Application](#)

[Gardener's Supply Company Website](#)

[Healthy Iowa Award Information](#)

[Engaging Your Entire School in the Garden Webinar Registration](#)

[Action for Healthy Kids School Breakfast Webinar Registration](#)